



# The International Fancy Guppy Association



Dedicated to Promoting The Fancy Guppy Hobby

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## What To Feed Show Fish

By Jim Gourlie

We have all heard stories of people feeding their show fish those "SECRET INGREDIENTS" fish foods. Well what ever is in those secret mixes, I will assure you one thing, if the breeder is a consistent winner on the show bench, you will find those ingredients tried and true and generally assessable to the general breeder. Oh sure, we all have that one or two special things that are either led directly or added to a food mix, but one thing is for sure, you, too, could feed the same or possibly a better food. Why do I say that? When feeding food you are talking about just plain good nutrition. Yes we want our foods to do special things. like a good baby growth food or extra vitamin fortified food for health. But all these things can be addressed in specific foods you feed.

Probably one of the all time favorite live foods is baby brine shrimp. It seems almost improbable that a consistent winner on the show bench could not be feeding this food. I'm sure there are many breeders who feed other types of live food too. But the point is this: Live food has many nutritional advantages over many of the dried or flake foods. That said we need to say a word about balance. Too much of a good thing can spoil the pot. If you feed too much live brine. for an example you get big chesty stomachs on the bodies of your males.

Many dried types of food can add a nutritional benefit for your fish. One might be egg yolk. I know some breeders swear by this food for their babies. What about vitamin fortified dry food? If we feed our family fortified milk and breads. why not our fish? How about your greens. Morn always said. "Eat your vegetables." Hope you all listened! Your fish need green food too. Protein is important. But you also need food that contains those essential fatty acids used to help "deliver" those proteins. Trace elements found in food such as magnesium and other minerals are important too. Don't depend on that one "Magic Food" that does everything. Keep experimenting with different foods. Talk to other breeders and come up with the mix that works best.

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